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homemakers' chat

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U. S. DEPARTMENT
OF AGRICULTURE

TUESDAY, DECEMBER 15, 1942

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QUESTION BOX

When clean the oven?
Salt nuts in oven?
How "Share the Meat" when eating out?

ANSWERS FROM

Home Economists of the U.S.
Department of Agriculture and
officials of the Office of
Price Administration

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Here's another Tuesday--and more questions from the mailbag waiting for answers from home economists of the U.S. Department of Agriculture.

First, here's a little unfinished business, Perhaps you remember a question that came up about three weeks ago--a question about cleaning up spilled grease in an enamel-lined oven. At that time home economists were quoted as suggesting that grease spilled in an oven should be cleaned out immediately rather than allowed to burn on. Of course, the home economists did not mean that you should stop in the midst of roasting meat and wash out your oven. And they did not mean that you should wash out the oven while it is still hot. They do advise that the easiest and best time to remove spilled grease is while it is still warm and soft. You can wipe up warm grease very easily with soft absorbent paper. Then, when the oven is cold, you can wash the enamel lining with soap and water. If necessary, you can scour off stains with a damp cloth and mild scouring powder such as whiting. After scouring wash again with soap and water, rinse and dry with a soft dry cloth. Never try to wash enamel when it is hot. And never use sharp utensils or rough scouring materials on this glass-like coating.

So much for the oven. Now for a Christmas idea. The next letter asks about salting nuts for Christmas gifts. The letter says: "Where I live we can get hickory nuts and filberts, and our store has peanuts, almonds, pecans

and English walnuts. Are all these nuts salted the same way?"

Home economists of the Department of Agriculture say you can salt all these nuts in the oven. Now that we're saving all the fats we can, the oven method is better to use than salting by frying, because frying more oil. Also to save cooking fuel, you can do the nuts when the oven is going anyway, and at low heat.

Slip the skins off peanuts and blanch almonds before you salt them. (Filberts, pecans, hickory nuts and walnuts don't need blanching.) To blanch almonds, put the nuts in a wire sieve in a saucepan. Pour boiling water over them. Let them stay in the hot water about 3 minutes. Keep the temperature just under boiling. Lift the sieve out. The skins of the almonds will be so loose you can easily slip them off. Dry the nuts on a clean towel.

Now the nuts are ready to salt. Melt from 2 to 4 tablespoons of well-flavored fat in a pie or cake pan and spread out a layer of nuts..... enough to cover the bottom of the pan. Use just enough fat to coat the nuts so the salt will stick. Put the pan of nuts in a very moderate oven...300 degrees.... and stir from time to time so the nuts will heat evenly and cook through until they are light brown. This doesn't take very long... 8 or 10 minutes. When the nuts are a good color, spread them out on absorbent paper, and sprinkle them with salt while they're still warm.

Sharing the civilian meat supply brings letters from listeners anxious to follow the Government program and still satisfy family appetites. This letter is typical:

"My husband eats lunch in a restaurant every day. How can he tell how much of the restricted meats he has eaten, so that I will know how much less to allow him at home?" Answer: You will be able to figure this up quite easily, because restaurant and hotel men are cooperating with the government in the "share-the-meat" program in a number of ways. Each one has more or less of a

standard size for each cut or portion as usually served... say 4 ounces for an order of beefsteak. Many restaurants and hotels display information as to the approximate uncooked weight of the servings of meats in each standard meat dish on the menu. This includes all muscle meat of beef, veal, pork, lamb and mutton, but not the variety meats, as they are not restricted. This will give your husband the information you need.

Some of the restaurants will soon offer half-portions of the restricted meats at reduced prices to help patrons who wish to cut down on the amount of meat eaten at one meal. This also helps the patron stretch his food money a little without "losing face".

You and your husband will probably see printed information or posters in many restaurants telling about the "share-the-meat" program, and asking for cooperation. You'll notice that fewer of the restricted meats are served each day... you'll have fewer choices. No longer will cuts like prime rib roast or tenderloin of beef be played up in the bill-of-fare, and you --or your husband-- will not be able to order more than one kind of restricted meat at one meal. But you'll see more dishes made from the variety meats, with all the skill a trained chef can bring to the task, and it is quite possible that after you try some of these unfamiliar dishes, you'll be asking the proprietor to let you have his recipe!

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